

CITY OF SURPRISE Community and Recreation Services Presents... COMMUNITY





Holiday Tourney Tuff Tennis Camp



Surprise Tennis & Racquet Complex- 14469 W. Paradise Lane, Surprise, AZ 85374 623.222.2400 | surpriseaz.gov/tennis

REGISTER TODAY FOR THIS HOLIDAY BREAK CAMP!

Our Holiday Tournament Tuff Summer Tennis Camp is exclusively geared for current tournament players (including 12 & Under Green and 10 & Under Orange) and/or High School Players ,who are committed to working hard and taking their tennis to the next level. Drills will be repetitious for the development of sound stroke mechanics and improving the physical conditioning necessary to compete at the top of your game. Singles and Doubles strategies and tactics will be covered and applied in match situations. Mental toughness training and exercises will be covered in detail. Most importantly, you are going to have FUN!



Dates: #26552 December 21-23, 2015 **#26553** December 28-30, 2015

Typical Schedule

8:50-9am Check in 9-9:15am Warm-ups 9:15-9:45am Situational Warm-Up Drills 9:45-10:15am Performance Enhancement Training

10:15-10:30 Break 10:30-11:30am Match Play :30-11:55 Mental, Strength Cond, And/or video a

11:30-11:55 Mental, Strength Cond. And/or video analysis (inside) 11:55-NOON Tip of the Day and check-out

Time: 9am- Noon Monday, Tuesday, Wednesday

Ages: 18 and Under (Pro Approval Required for this Program)

Location: Surprise Tennis and Racquet Complex

Fees: Weekly Fee: Resident: \$90 per week / Non-Resident: \$120 per week

Daily Fee: Resident: \$35/ Non-Resident \$45

A minimum of 4 students must be registered in order for camp to run. Weekly fee guarantees spot.



For more information contact Jennifer Wright at 623.222.2421 <u>Jennifer.Wright@surpriseaz.gov</u>

